

# Brinjal Curry (Indian Eggplant)

Yield: 8 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/brinjal-curry-indian-recipe>

## Ingredients:

- 20 egg or –22 small, round, shaped eggplant a little larger than a golf ball, 3 to 3 1/2 lbs, like Indian eggplant, Thai Eggplant, F...
- 3 tablespoons coconut oil or ghee
- 4 tablespoons lentil dahl, split lentils– red, yellow or orange or use ural dahl, split white lentil dahl, or yellow mung dahl, spli...
- 5 red chilies dried whole, like Indian Curd Chilies or Chile de Arbol
- 4 tablespoons Garam Masala
- 2 tablespoons coriander seeds
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground black pepper
- 4 garlic cloves
- 3 inches ginger sliced thin
- 1 cup grated coconut fresh, easy to find in the frozen section at the Asian market
- 2 teaspoons salt
- 1/2 cup water
- 4 tablespoons tamarind paste
- 2 tablespoons brown sugar
- 2 cups water or veggie broth
- 2 tablespoons ghee or coconut oil
- 1 tablespoon mustard seeds
- 1/2 teaspoon asafoetida hing powder
- 1/4 cup curry leaves fresh, or use frozen
- 1 large onion thinly sliced
- 1 cup tomato diced

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 530 milligrams

4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 14 grams
8. Sodium: 780 milligrams
9. Sugar: 7 grams

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